



Prana Yoga

EMPOWERING YOGA RETREAT MAROCCO

3RD TO 9TH OF JANUARY 2023



With tanja.at.yoga.your.life



I warmly invite you to join me on
YOGA WITH
this empowering retreat. Nourish
yourself on all levels. Get a taste
of maroccan culture, cuisine and
people.

My yoga style goes from static to
gentle flow, to invigorate body &
mind. The practice is based on
Hatha Yoga with focus on
alignment and good posture. The
evening classes are restorative.
Meditation and different kind of
breathing techniques are part of
the practice..



The stunning eco retreat venue is nestled at the foot of the Atlas Mountain





The spacious & beautiful sleeping rooms are available as single, double or triple rooms









FRESH, LOCAL & ORGANIC

DELICIOUS MOROCCAN DISHES AWAIT YOU



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A LOT OF EXTRA ACTIVITIES ARE AVAILABLE
ON REQUEST:

-  TRADITIONAL HAMMAN, A TYPE OF
SCRUBBING MASSAGE
-  SHIATSU OR OIL MASSAGE
-  OTHER THERAPEUTIC SERVICES
-  VISITING A SAFRAN FARM
-  EXCURSION TO MARRAKEH
-  HIKING IN THE ATLAS MOUNTAINS

SOME DEPEND ON THE SIZE OF THE GROUP

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**THE AMAZING ECO RETREAT CENTRE IS NESTLED
BETWEEN BEAUTIFUL ARRANGED FLOWER &
VEGETABLE GARDENS AND OLIVE TREES IN THE
OURIKA VALLEY CLOSE TO MARRAKESH.**

**THE YOGA SHALA IS FULLY EQUIPPED WITH MATS
AND PROPS.**

**BOOKINGS ARE OPEN NOW. THE FOLLOWING
ROOMS ARE AVAILABLE**

TRIPLE 850 € || DOUBLE 990€ || SINGLE 1,235€

**PRICES INCLUDE A 7-DAY STAY/6 NIGHTS, ALL
MEALS, YOGA CLASSES, TRANSPORT FROM AND TO
THE AIRPORT.**

FLIGHTS AND INSURANCES ARE NOT INCLUDED.

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CONTACT & BOOKINGS**